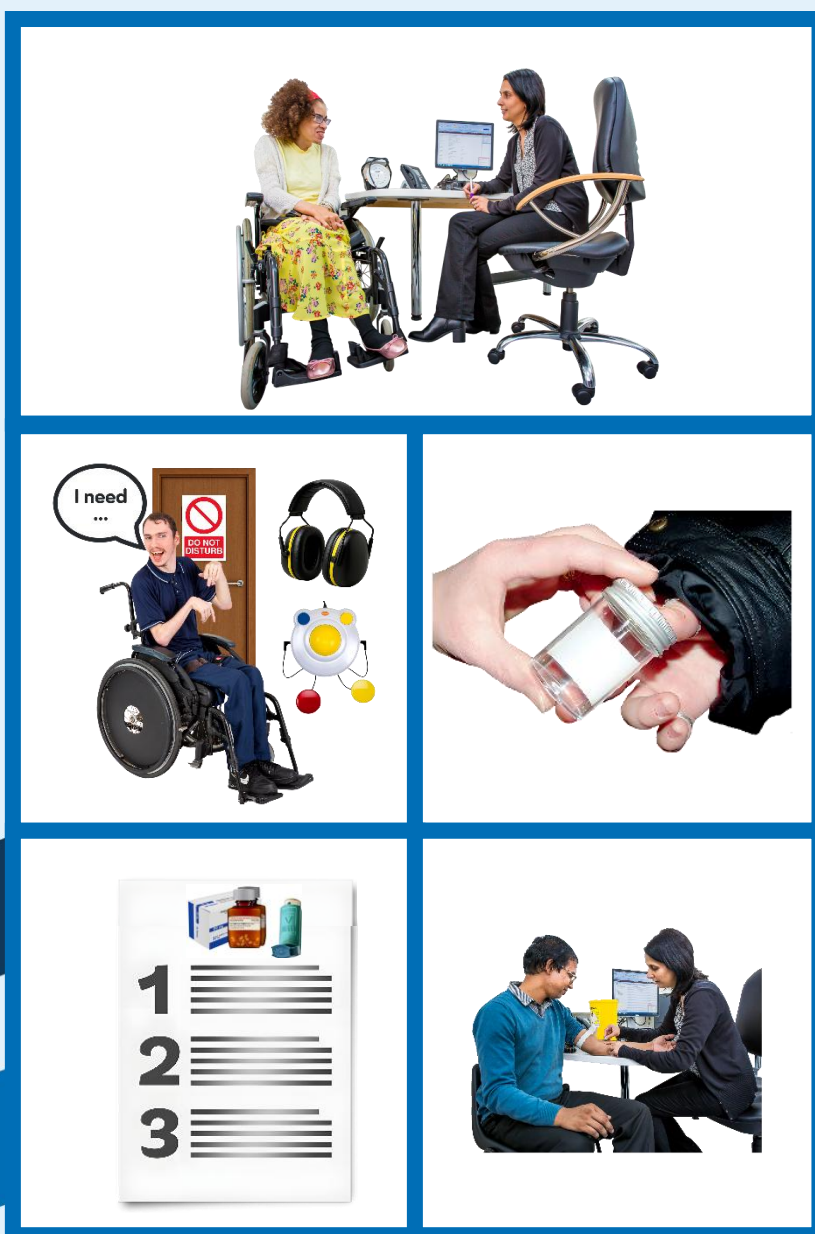


Getting Ready for your Annual Health Check

Things you can do **before** your
Annual Health Check appointment





You can do some things to get ready for your Annual Health Check appointment.

These things will give the GP more information about your health and make your appointment more helpful.



If you want support to get ready for your Annual Health Check appointment, you can ask someone who knows you well.



Before your appointment, you can ask your GP for some things to be done differently to help make your appointment better easier for you to take part in.

This is called asking for **reasonable adjustments**



You should get blood tests before your Annual Health Check appointment.



You might need support from the GP Surgery to get blood tests.

You might need another appointment at your GP Surgery.

You might need an appointment at a clinic or hospital



You can take a list of your medication with you to show the GP



Medication is things like medicine, tablets or inhalers.



You need to bring a sample of your wee to your Annual Health Check appointment.

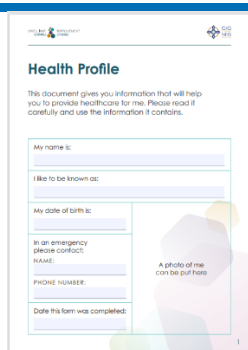


If you get your invitation letter, you should also get a sample bottle.



On the day of your appointment, fill the bottle with some wee.

Take the full bottle with you to your appointment.



Health Profile

This document gives you information that will help you to provide healthcare for me. Please read it carefully and use the information it contains.

My name is: _____

I like to be known as: _____

My date of birth is: _____

In an emergency please contact:

NAME: _____

PHONE NUMBER: _____

Date this form was completed: _____

A photo of me can be put here

Before your appointment,
You can get your Health Profile ready.



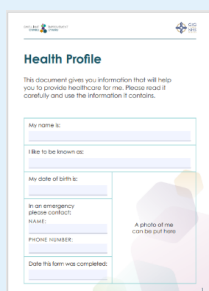
You can write about the support you need
with your health.



Make sure the information is up to date.



Someone who knows you well can help you
fill in the Health Profile if you want.



Health Profile

This document gives you information that will help you to provide healthcare for me. Please read it carefully and use the information it contains.

My name is: _____

I like to be known as: _____

My date of birth is: _____

In an emergency please contact:

NAME: _____

PHONE NUMBER: _____

Date this form was completed: _____

A photo of me can be put here

You can get a **Health Profile** here:
improvementcymru.net/health-profile

What will they do at the Annual Health Check Appointment?



At your appointment,
the GP or nurse will talk with you about lots of different things to do with your health.



They will talk with you about your **physical health**

which is about how healthy your body is, such as your heart, your breathing, your eyesight.



They will ask about your **mental health**, what emotions you are feeling, if you are happy or sad on most days.



They will talk about your **lifestyle**,

Things like where you live, if you work or volunteer, or go to a centre.

If there have been any big changes in your life and how you feel about them



They will ask about any medication you take.



They will ask how you **communicate**.

This includes what language you prefer to use, like English or Welsh,
and how you communicate, like speaking, signing or using pictures or symbols



They will ask if you have a carer,
or if you are a carer yourself



They will ask about **vaccinations**,
like if you have had a flu jab or nasal spray



They will ask if you smoke, drink alcohol or use any other drugs.



They will ask about sex, contraception and staying healthy about sex.



They will ask about any health conditions you might have, like epilepsy, asthma, and if you are getting the right support.



Different people need different tests depending on their age and if they are a man or a woman.

This is called **screening**.

They should ask about the different screening you could have.



If you want to know more, all the questions that the GP will ask are included in our book

Annual Health Check Checklist



Annual Health Check Checklist



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GIG
CYMRU
NHS
WALES

Perfformiad
a Gwellu
Performance
and Improvement